

**YOUTH  
EDITION**

# TEAM CANADA CHEER KIT

**It is time to cheer loud and proud Canada!**  
Celebrate the Olympic Games with a unique collection of Team Canada activities. Dive into hours of excitement, learn to embrace the true meaning of Be Olympic and discover the glory that is inside of you!



**SCHOOL PROGRAM**



# FROM WATCHING TO CHEERING TO GLORY

## 10 EASY WAYS TO CHEER ON TEAM CANADA THIS SUMMER

1. Create red posters to stick in the windows to show your Team Canada support
2. Hang strings of red lights from your porch or balcony
3. Drape your windows with red streamers
4. Wear your favourite red and whites; a combination of t-shirts, shorts, socks, shoes and maybe even your jean jacket
5. Create a Canadian flag to hang from your house
6. Buy a bag of red balloons and stick them to the ceiling and walls
7. Create a ritual every time a Canadian athlete wins a medal (example: honk your car horn!)
8. Turn your face into a work of art with a little face painting, a maple leaf on the cheek or a “Go Canada!”
9. Host a virtual viewing party with family and friends for your favourite events
10. Host an Olympic Games of your own!



# OLYMPIC CALENDAR

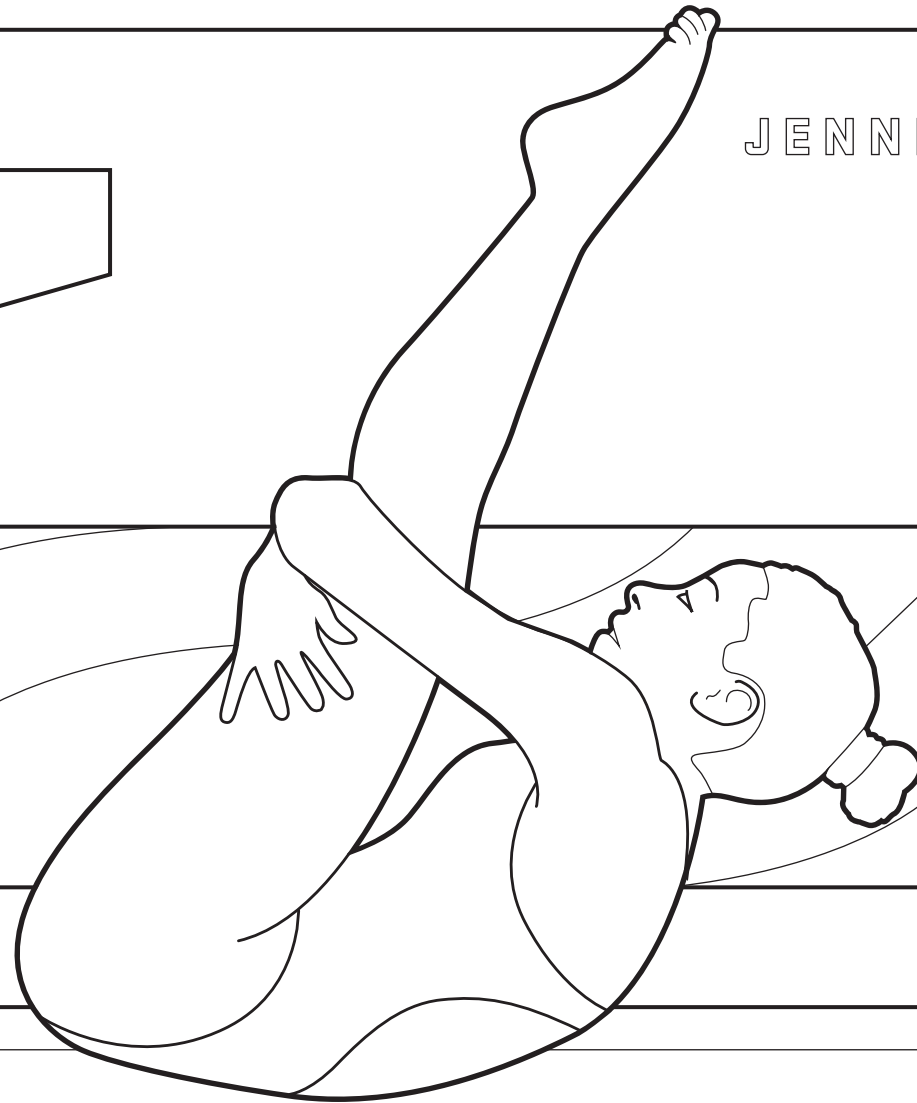
COMPETE ALONGSIDE TEAM CANADA ATHLETES DURING THE GAMES!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>INSIDE ALL OF US LIVES</b></p>					 <p>23</p> <p>Parade through the Opening Ceremony with your Canada flag</p>	 <p>24</p> <p>Perform lunges for your fencing duel En Garde!</p>
 <p>25</p> <p>Point and flex... point and flex.... And repeat! Get those diving toes ready to compete</p>	 <p>26</p> <p>Running, swimming and cycling are all your favorite sports? Try all three with the Triathlon athletes</p>	 <p>27</p> <p>High kick your way into the Taekwondo event</p>	 <p>28</p> <p>Time to sink that basket and perform push-ups</p>	 <p>29</p> <p>Ready to paddle that canoe? Big arm circles to prepare</p>	 <p>30</p> <p>Get your trampoline bounce on... Jump up, down, up, down, up, down!</p>	 <p>31</p> <p>It's your turn to serve up some side shuffles Game, Set, Match</p>
 <p>1</p> <p>No pool? No problem! Stretch out those legs and perform flutter kicks</p>	 <p>2</p> <p>Fly like a birdie with some arm stretches</p>	 <p>3</p> <p>Dig deep for that volleyball with squats</p>	 <p>4</p> <p>Artistic swimming is like dancing in water Perform your best dance moves</p>	 <p>5</p> <p>It is time to knockout those jumping jacks! Keep boxing</p>	 <p>6</p> <p>Prepare for today's soccer game with high knees</p>	 <p>7</p> <p>Athletics day! Run, jump and throw in your best way!</p>
  <p>8</p> <p>Put on that jean jacket and join Team Canada for the Closing Ceremony</p>	<p><b>THE POTENTIAL FOR GLORY</b></p>					 <p><b>SCHOOL PROGRAM</b></p>



SCHOOL PROGRAM

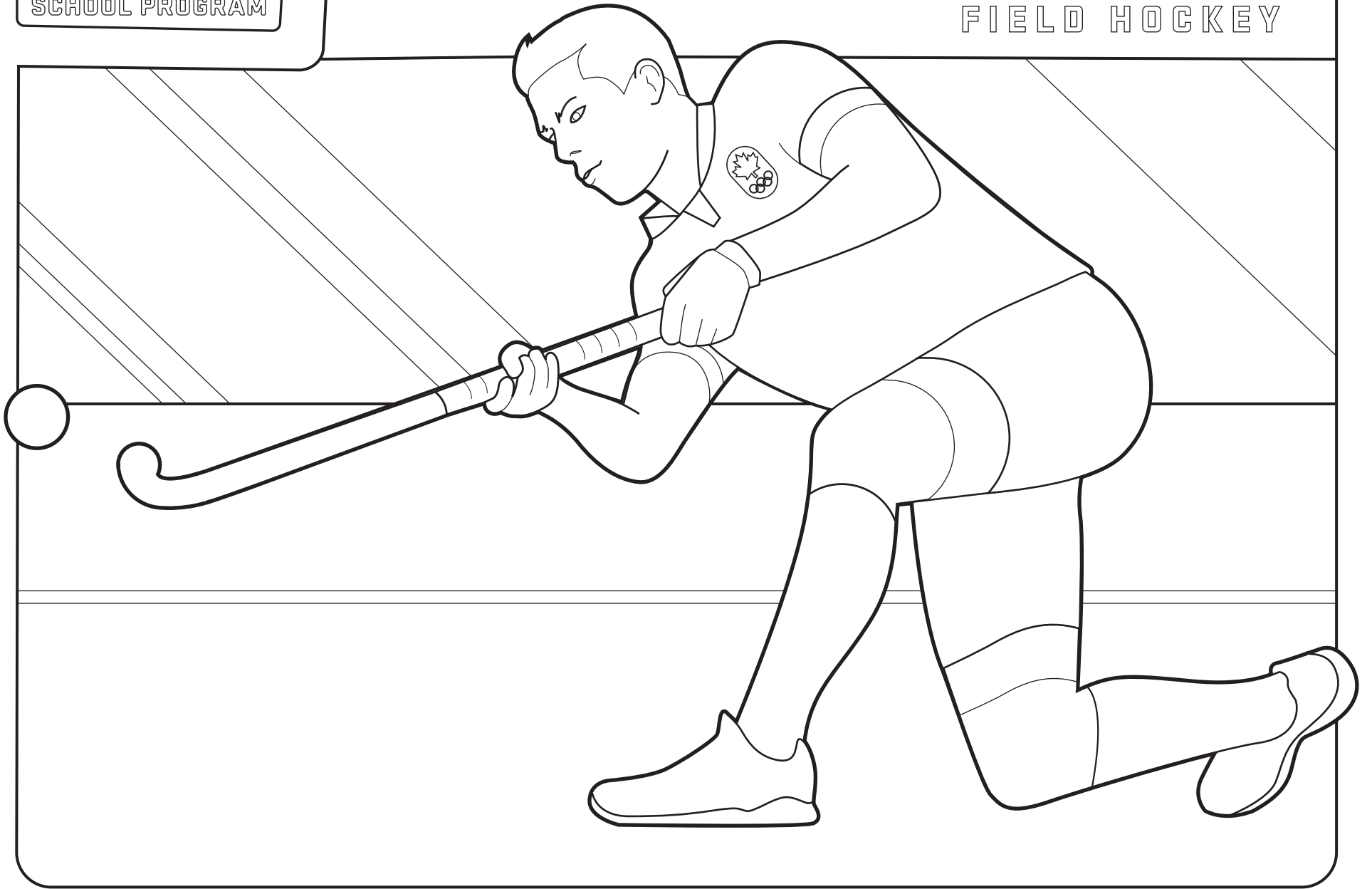
JENNIFER ABEL  
DIVING





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SCOTT TUPPER  
FIELD HOCKEY





SCHOOL PROGRAM

SKYLAR PARK  
TAEKWONDO





SCHOOL PROGRAM

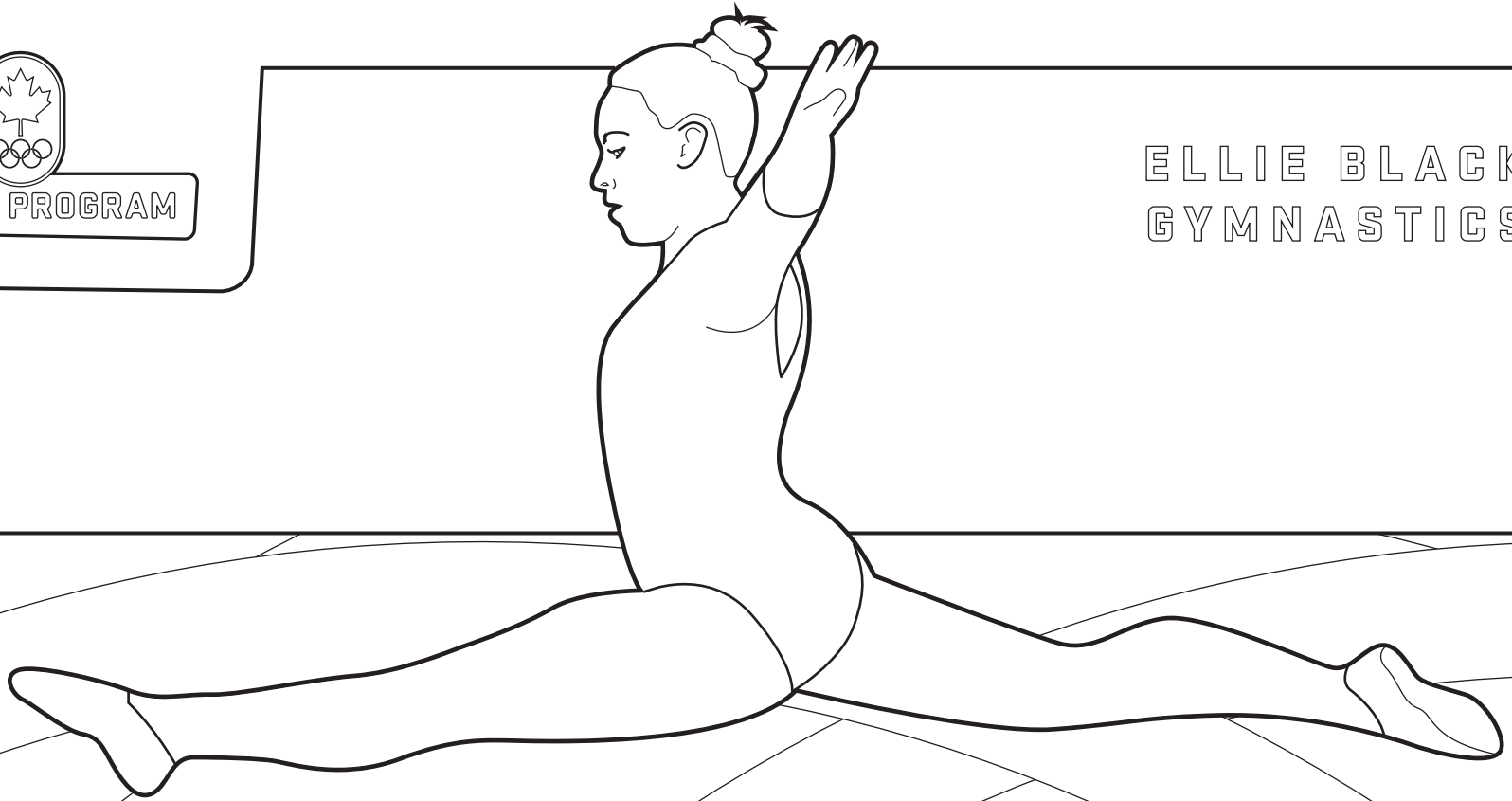
JOSIAH MORRA  
RUGBY





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ELLIE BLACK  
GYMNASTICS





**SCHOOL PROGRAM**

GO



GO

MY GLORY FROM ANYWHERE STORY



SCHOOL PROGRAM

FROM

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TO

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GLORY

VISIT [GLORYFROMANYWHERE.CA](http://GLORYFROMANYWHERE.CA) FOR EXAMPLES

# OLYMPIC VALUES

## BEGINNER LEVEL

C E X C E L L E N C E R  
T C O U R A G E R Q S E  
R V L F A I R N E S S S  
T E A M W O R K O B W P  
R E S I L I E N C E V E  
N L E A D E R S H I P C  
F R I E N D S H I P S T  
K I N D N E S S F U N P

- COURAGE
- EXCELLENCE
- FAIRNESS
- FRIENDSHIP
- FUN
- KINDNESS
- LEADERSHIP
- RESILIENCE
- RESPECT
- TEAMWORK

**Did you know?** The official Olympic values are excellence, respect and friendship.



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# TEAM CANADA

## BEGINNER LEVEL

X P Z I X Q T A O D U I Y D A X C L  
Q C U W M Z Y W Q Z O A O Y A M A Z  
R C F A N M O N T R E A L F J E N M  
O F U G B E Z B T O V B B A T H A V  
P H N E I M K F R E N C H N B O D C  
S V A N C O U V E R U B W S O U A L  
R G D U A U F O K S Y D P H O W U P  
E C H C A L G A R Y G Y M G Z H E S  
D Y H N E N G L I S H Q K S X I Z Z  
L E A F J E E D L C H E E R G T S K  
E J N C I V Z M O O S E H U E E N X  
O Y K O M A K U J W H J M A P L E F

CALGARY  
CANADA  
CHEER  
ENGLISH  
FANS  
FRENCH  
FUN  
KOMAK  
LEAF  
MAPLE  
MONTREAL  
MOOSE  
RED  
VANCOUVER  
WHITE

**Did you know?** Canada has hosted the Olympic Games three times: Montreal 1976 Olympic Games, Calgary 1988 Winter Olympic Games, and Vancouver 2010 Winter Olympic Games.



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# SUMMER OLYMPIC SPORTS

## INTERMEDIATE LEVEL

ARCHERY	C	J	G	S	I	S	B	G	A	U	N	D	C	E	M	K	Z	S
ATHLETICS	D	U	A	Y	A	B	J	A	A	T	F	R	I	G	I	T	H	C
BADMINTON	R	D	F	S	M	I	A	Z	S	R	H	E	U	V	K	U	E	Y
BASEBALL	H	O	H	S	W	N	L	D	Q	K	C	L	N	G	I	E	D	B
BASKETBALL	A	S	C	O	C	I	A	I	M	B	E	H	E	C	B	N	N	A
BOXING	N	U	C	F	Y	D	M	S	N	I	O	T	E	T	I	Y	G	S
CANOE	D	R	C	T	C	M	X	M	T	G	N	X	B	R	I	N	V	E
CYCLING	B	F	A	B	L	F	M	H	I	I	X	T	I	A	Y	C	G	B
DIVING	A	I	N	A	I	O	E	Y	G	N	C	O	O	N	L	F	S	A
FENCING	L	N	O	L	N	C	P	A	N	J	G	S	V	N	G	L	J	L
GYMNASTICS	L	G	E	L	G	T	A	S	K	A	T	E	B	O	A	R	D	L
HANDBALL	R	O	W	I	N	G	S	H	D	T	Y	K	A	R	A	T	E	L
JUDO																		
KARATE																		
ROWING																		
RUGBY																		
SAILING																		
SKATEBOARD																		
SURFING																		
SOFTBALL																		
SWIMMING																		

**Did you know?** Five new sports will be introduced to the Summer Olympic program including surfing, skateboarding, karate, baseball and softball.



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# TOKYO 2020 WORD SEARCH

## INTERMEDIATE LEVEL

U N I T E D B Y E M O T I O N N A T  
Y M X T M J T M I R A I T O W A T X  
Q H E R T I A G E Z O N E W D S O F  
S S G H Y N O H C P L X Q O E E K S  
J O R T O K Y O C I T Y Q R P Z Y O  
A D C F U Y T O R C H R E L A Y O M  
P O L Y M P I C V I L L A G E I B E  
A O R E C Y C L E D M E D A L S A I  
N X E T E R N I T Y F E M R B X Y T  
G S L Y G N F F U T U R E Z I L R Y  
Y O O L Y M P I C S T A D I U M N M  
J F N C H E R R Y B L O S S O M W A

CHERRYBLOSSOM

ETERNITY

FUTURE

HERTIAGEZONE

JAPAN

MIRAITOWA

OLYMPICSTADIUM

OLYMPICVILLAGE

RECYCLEDMEDALS

SOMEITY

TOKYOBAY

TOKYOCITY

TORCHRELAY

UNITEDBYEMOTION

**Did you know?** Tokyo 2020 has put a lot into making these Games the greenest yet. Viewers will see recycling in action every time a medal is awarded. The medals are made from donated old cell phones. The Canadian Olympic Committee helped by giving 100 old cell phones. From this came enough gold, silver and bronze to make over 5,000 medals.



**SCHOOL PROGRAM**

# TEAM CANADA TOKYO 2020 ROSTER

## ADVANCED LEVEL

Jennifer **ABEL**  
Ellie **BLACK**  
Brittany **CREW**  
Andre **DEGRASSE**  
Sarah **DOUGLAS**  
Derek **DROUIN**  
Crispin **DUENAS**  
Evan **DUNFEE**  
Kim **GAUCHER**  
Eleanor **HARVEY**  
Melissa **HUMANAPAREDES**  
Leah **KIRCHMANN**  
Danielle **LAPPAGE**  
Michell **LI**  
Rosie **MACLENNAN**  
Sean **MCCOLL**  
Tyler **MISLAWCHUK**  
Kia **NURSE**  
Penny **OLEKSIK**  
Skylar **PARK**  
Sarah **PAVAN**  
Christine **SINCLAIR**  
Markus **THORMEYER**  
Antoine **VALOISFORTIER**  
Damian **WARNER**  
Erica **WIEBE**

F L R B L A C K S S I N C L A I R J K C P R D  
L K C Y H W O P A R K V I N C E N T N A V A P  
C I V E R U D L D H A D O U G L A S X I D H P  
L R N A P M M I E E A V D M G W Z T C R E W L  
T C G O L B P A G K G R V U T A A K E V J L Z  
H H E A K O O U N I S R V W N Z U R U K N L S  
O M V P Z W I H V A L I A E M F T C N M V O L  
R A L B N T Q S Y W P F A S Y A E R H E R C I  
M N W S A L L A F G U A L K S B J E Q E R C F  
E N G A N L A K E O N O R Y H E Y L O Q R M Z  
Y N S N N Z P C B X R Z I E C O Z N O A F E A  
E I Q E E O P L E U Y T K V D V H U K I B C I  
R U B U L L A C I H Z C I G O E F R C P O E V  
D O W D C R G Q W B O X G E N P S S Y Y C F L  
S R A Z A J E P Z E E Z R P R K J E R A Q R W  
I D G E M N M W T X M I S L A W C H U K S T T

**Did you know?** There will be over 11,000 athletes competing at the Tokyo 2020 Olympic Games.



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# CANADIAN OLYMPIC HALL OF FAME

## ADVANCED LEVEL

Susan **AUCH**  
Donovan **BAILEY**  
Sylvie **BERNIER**  
Gaétan **BOUCHER**  
Caroline **BRUNET**  
Sarah **BURKE**  
Alexandre **DESPATIE**  
Phil **EDWARDS**  
Christine **GIRARD**  
Nancy **GREENE**  
Pierre **HARVEY**  
Émilie **HEYMANS**  
Sue **HOLLOWAY**  
Daniel **IGALI**  
Harry **JEROME**  
Cindy **KLASSEN**  
Marcel **LACROIX**  
Nathalie **LAMBERT**  
Silken **LAUMANN**  
Catriona **LEMAYDOAN**  
Lennox **LEWIS**  
Tom **LONGBOAT**  
David **MACEACHERN**  
Marnie **MCBEAN**  
Anne **MONTMINY**  
Alwyn **MORRIS**

Curtis **MYDEN**  
James **NAISMITH**  
Hiroshi **NAKAMURA**  
David **PELLETIER**  
Jack **POOLE**  
Jamie **SALE**  
Beckie **SCOTT**  
Kyle **SHEWFLET**  
Tricia **SMITH**  
Elvis **STOJKO**  
Bruny **SURIN**  
Sylvia **SWEENEY**  
Mark **TEWKSBURY**

M Y E N E E W S Y E V R A H Y B O K J O T S W  
Y H F U I T D R A R I G P B O U C H E R D I N  
D B R U N E T N R E H C A E C A M R T S F L P  
E S D R A W D E A B M C B E A N V N I N N A O  
N Q M C Y R U B S K W E T W B C P I D A A G O  
K M C W D T E L F W E H S I E Q E R C M K I L  
H L O A O J E I T A P S E D R F L U L Y A L E  
S X A N Z B A I L E Y X D V N N L S E E M E P  
Z A C S T J E R O M E V W A I A E J M H U I T  
N T U W S M O N N A M U A L E I T N A O R F O  
F R B C L E I X T T O C S E R S I S Y S A T M  
E Z J R H K N N C L F U D W J M E M D R O I P  
K T R E B M A L Y M O R R I S I R I O Q A H J  
R X A L A C R O I X I K I S O T Z T A X O W N  
U E N E E R G R M S A L E W L H E H N N A F N  
B T A O B G N O L M F M X H O L L O W A Y A X

**Did you know?** Since 1949, the Canadian Olympic Hall of Fame has inducted 429 athletes, teams, coaches, and builders in recognition of their outstanding Olympic achievements and their embodiment of the Olympic values.



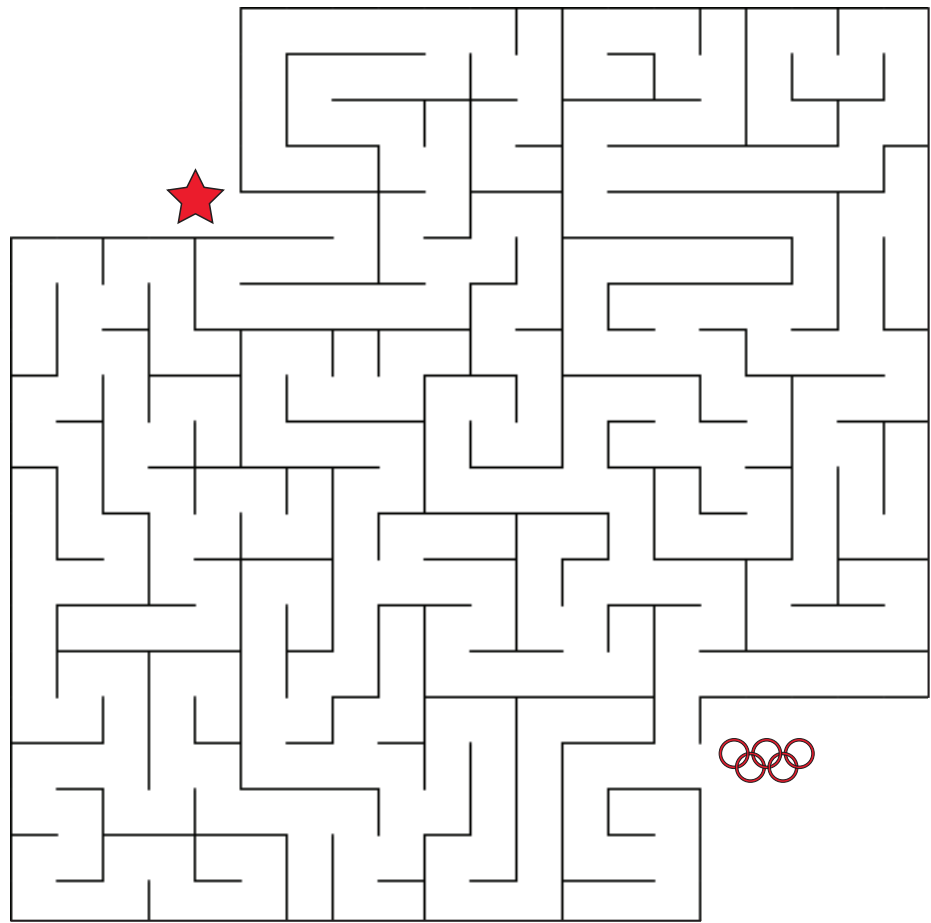
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# ROAD TO TOKYO MAP PUZZLE 1

FROM CANADA TO TOKYO TO GLORY



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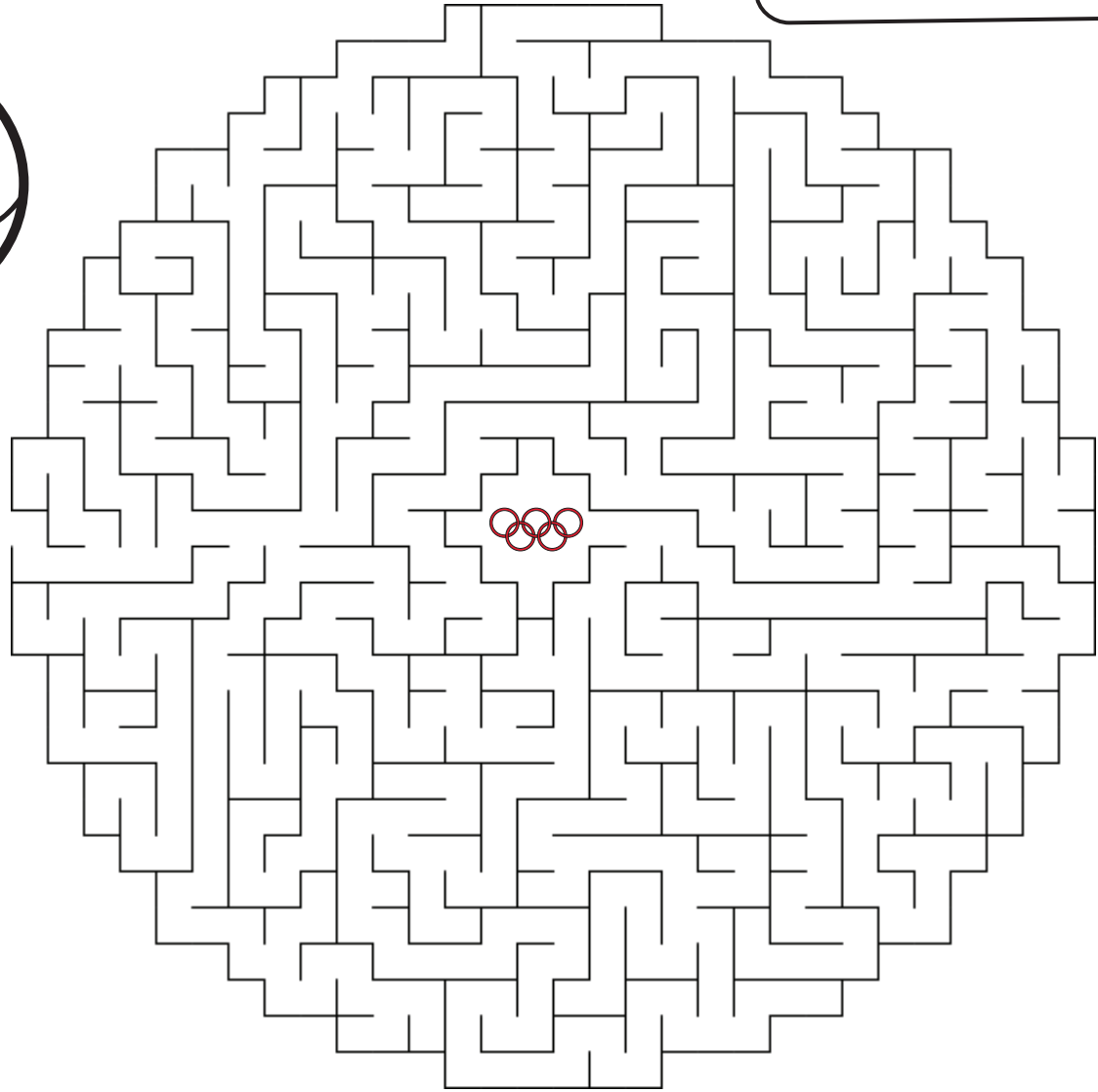
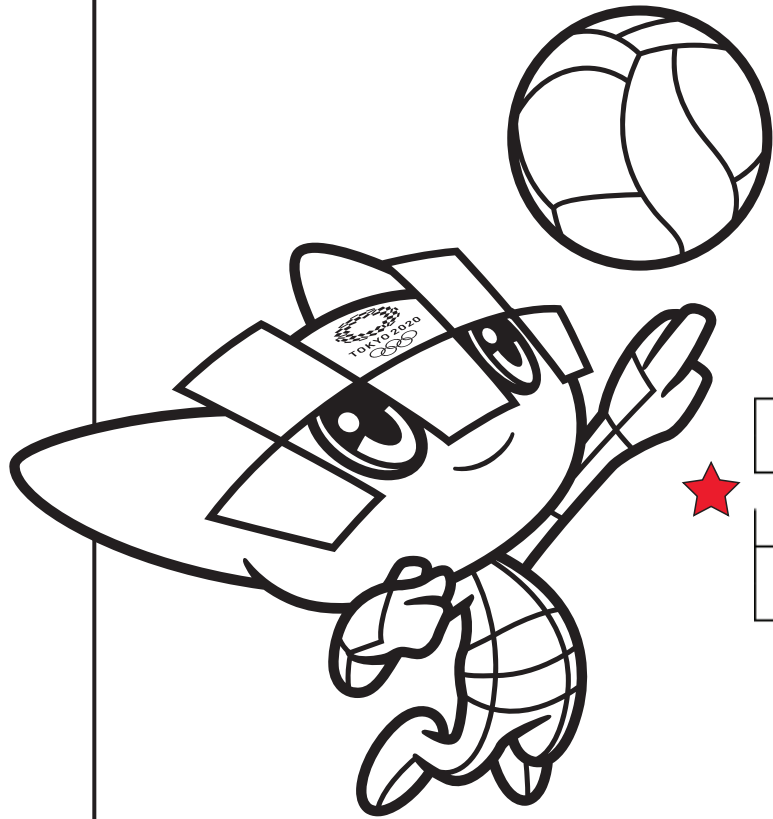


# ROAD TO TOKYO MAP PUZZLE 2

FROM CANADA TO TOKYO TO GLORY



SCHOOL PROGRAM

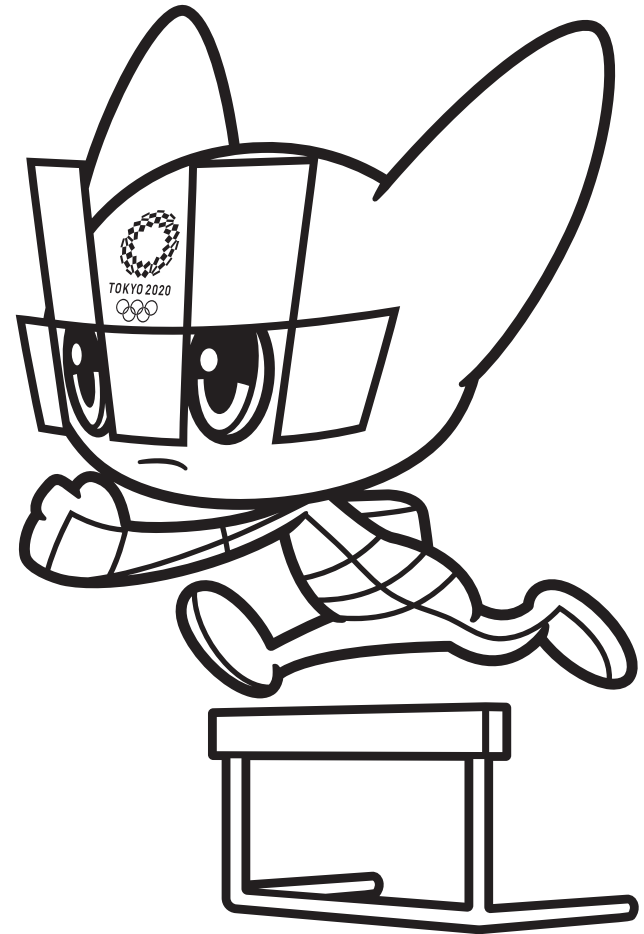
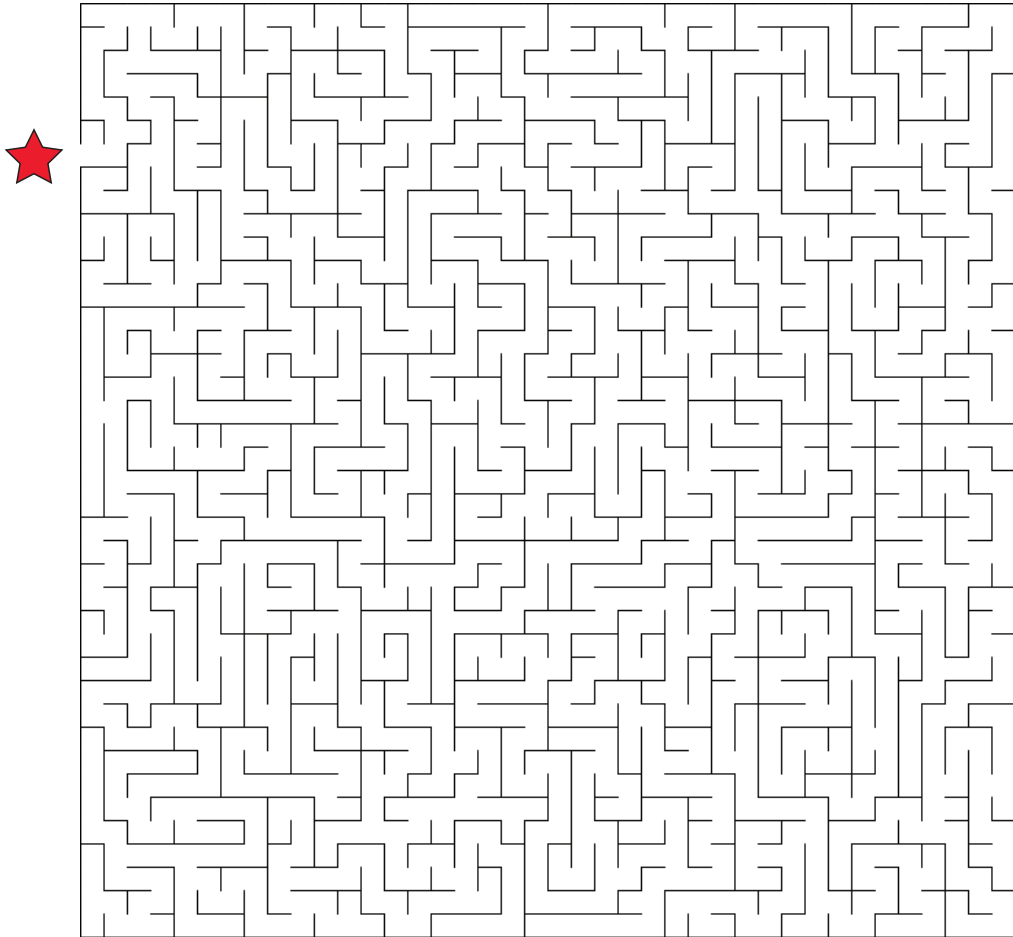


# ROAD TO TOKYO MAP PUZZLE 3

FROM CANADA TO TOKYO TO GLORY



SCHOOL PROGRAM

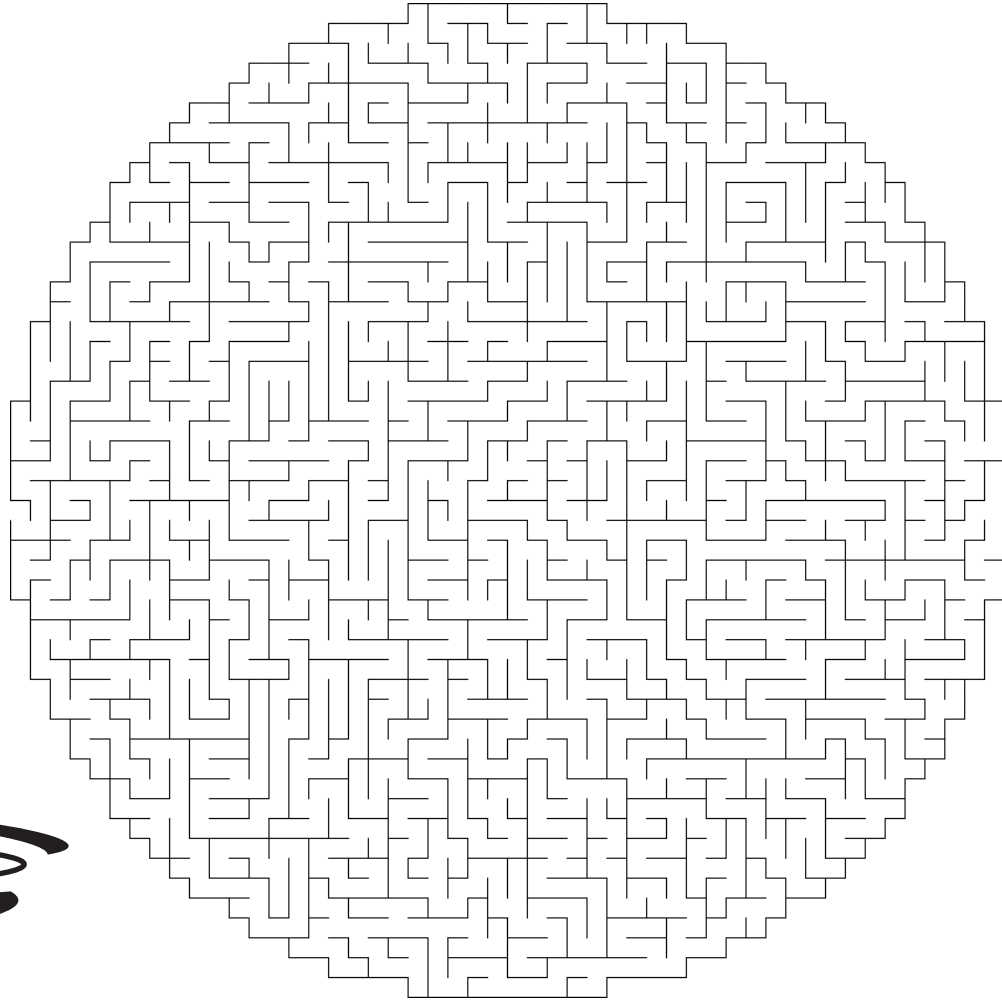
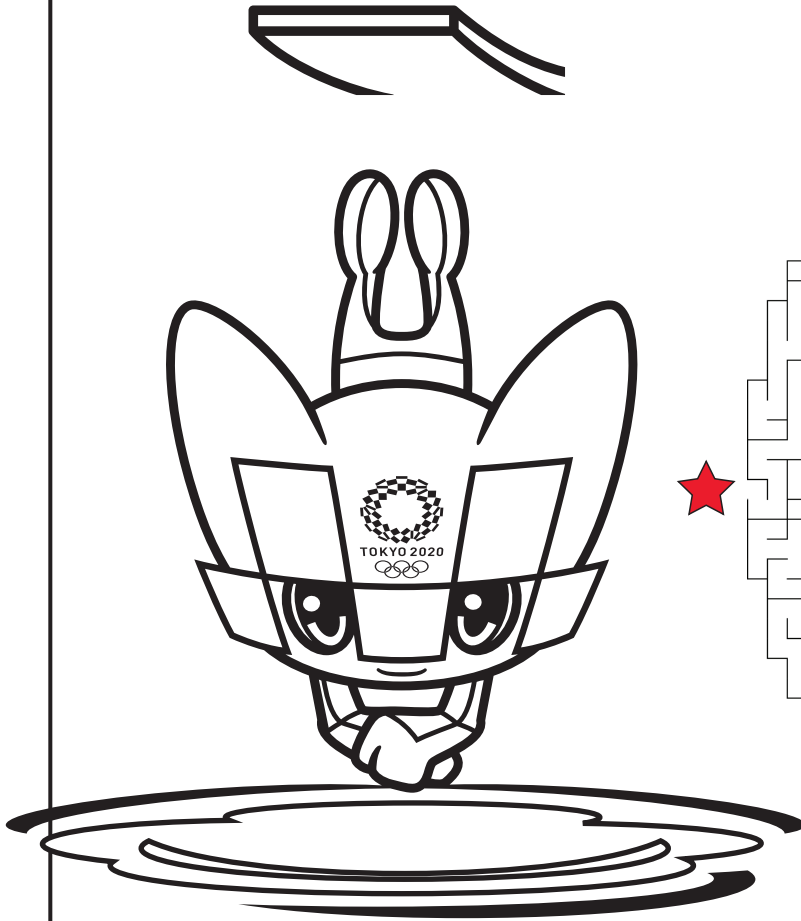


# ROAD TO TOKYO MAP PUZZLE 4

FROM CANADA TO TOKYO TO GLORY



SCHOOL PROGRAM

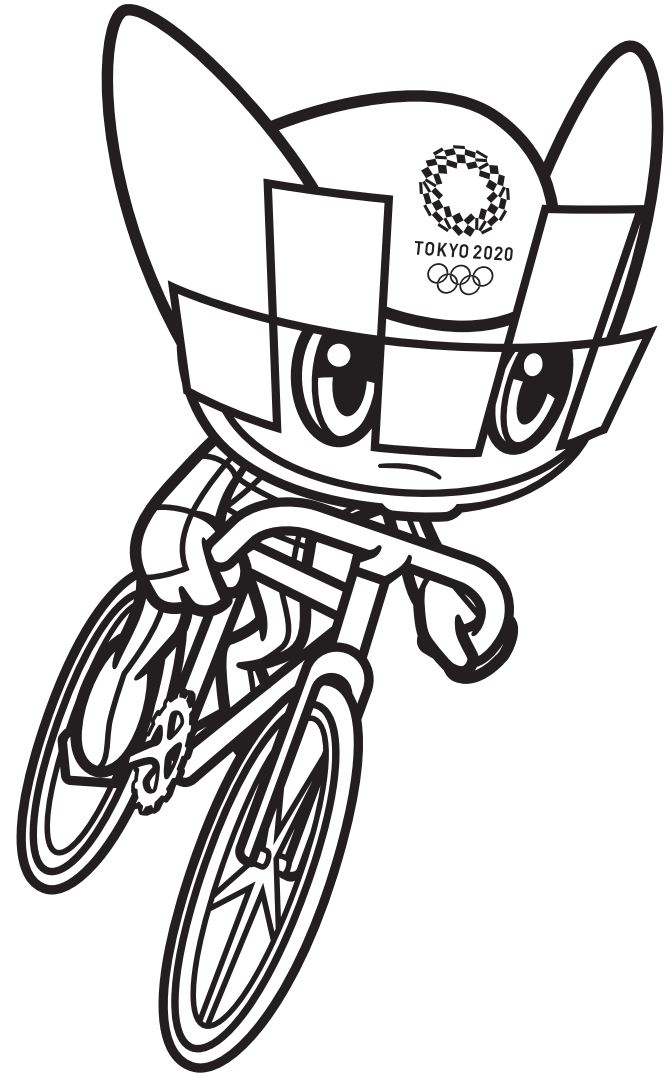
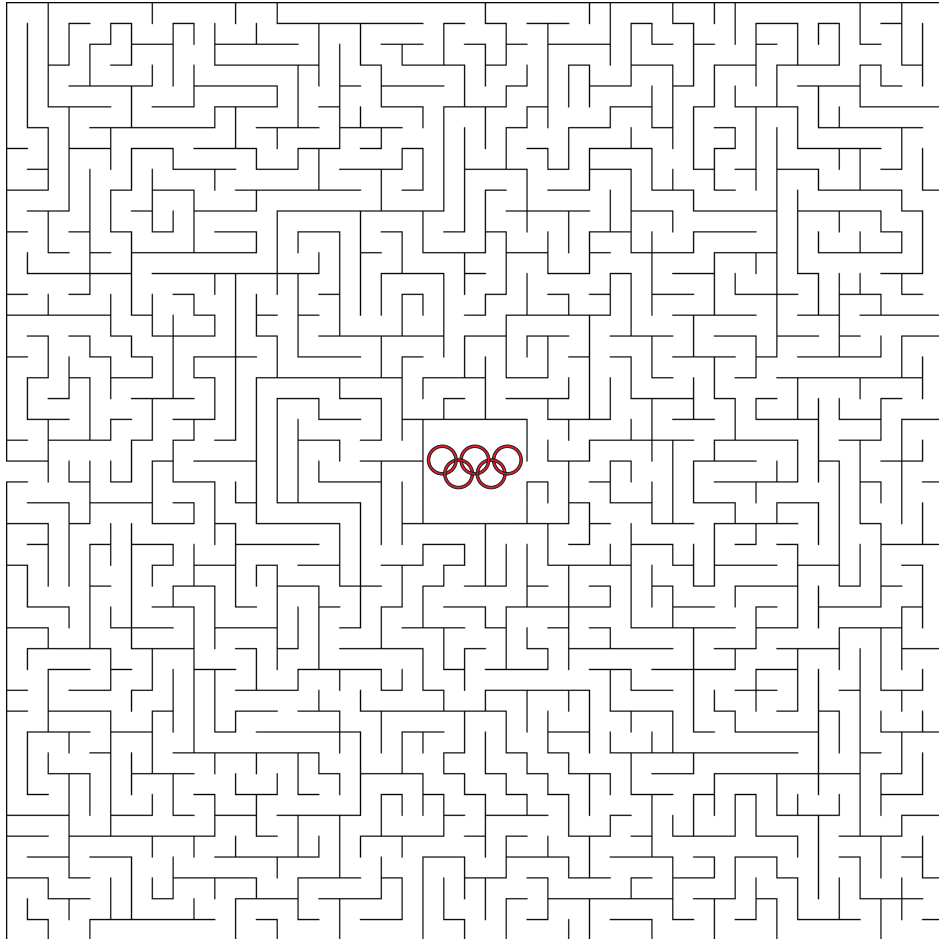


# ROAD TO TOKYO MAP PUZZLE 5

FROM CANADA TO TOKYO TO GLORY



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# CRYPTOGRAM PUZZLE

## INSPIRATIONAL TEAM CANADA MESSAGES

Each letter in the phrase has been replaced with a random number. Try to decode the message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
														14												

\_\_\_\_\_    \_\_\_\_\_    **O**    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 21            11            14            17            4            20            3            22            25

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	
						24					13															

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    **L**    **L**    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 6            11            20            6            15            16            25            13            13            26            3            23            20

**L**    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    **L**  
 13    6            10            16            20            14            19            16            22            26            14            16            11            14            6            25            13

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 3            26            2            24            13            26            2            8



**SCHOOL PROGRAM**

# TRIVIA

## TEAM CANADA AND THE OLYMPIC GAMES

**1. What year did the Olympic Games Originate?**

- a. 500BC
- b. 776BC
- c. 25AD
- d. 1896

**2. Who is the founder of the modern Olympic Games?**

- a. Abraham Lincoln
- b. Juan Antonio Samaranch
- c. Baron Pierre de Coubertin
- d. Jacques Rogge

**3. What city hosted the games of the 1st Olympiad in 1896?**

- a. Athens, Greece
- b. Paris, France
- c. London, England
- d. Calgary, Canada

**4. Where did the Olympic Games originate?**

- a. Istanbul, Turkey
- b. Paris, France
- c. Olympia, Greece
- d. Montreal, Canada

**5. What year was the first Olympic Winter Games held?**

- a. 1896
- b. 1900
- c. 1924
- d. 1944

**6. What city hosted the first Olympic Winter Games?**

- a. Moscow, Russia
- b. Stockholm, Sweden
- c. Vienna, Austria
- d. Chamonix, France

**7. What country leads the Parade of Nations at the Opening Ceremony at the Olympic Games?**

- a. The host nation
- b. The nation that won the medal count at the previous Games
- c. Greece
- d. Canada

**8. What city plays host to the International Olympic Committee?**

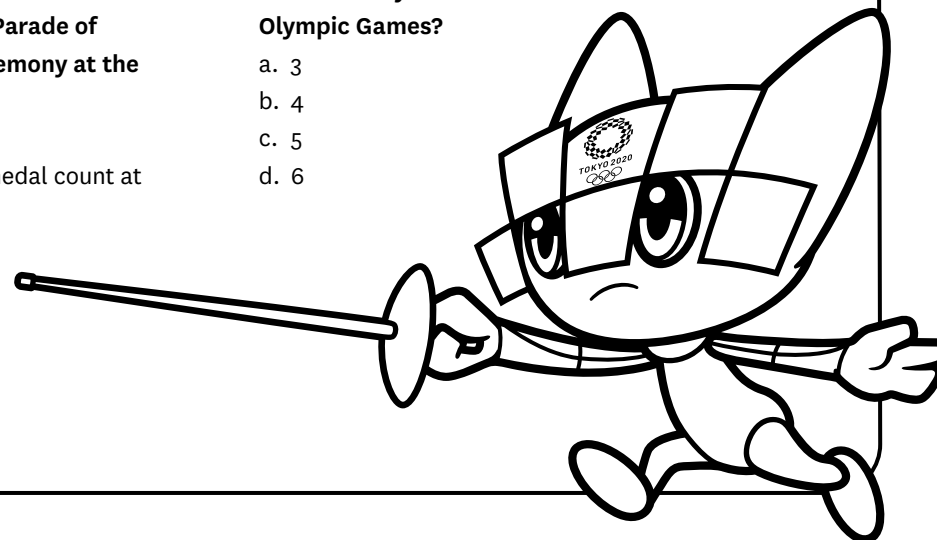
- a. Athens, Greece
- b. London, England
- c. Lausanne, Switzerland
- d. Rio de Janeiro, Brazil

**9. What is the Olympic Motto?**

- a. Citius, Altius, Fortius (faster, higher, stronger)
- b. Veni, Vidi, Vici (I came, I saw, I conquered)
- c. Carpe Diem (Seize the day)
- d. Qui audit adipiscitur (S/he who dares to win)

**10. How many times has Canada hosted the Olympic Games?**

- a. 3
- b. 4
- c. 5
- d. 6





# TRIVIA

## TEAM CANADA AND THE OLYMPIC GAMES

11. Who is the Chef de Mission for the Tokyo 2020 Olympic Games?

- a. Catriona Le May Doan
- b. Douglas Vandor
- c. Marnie McBean
- d. Mark Tewksbury

12. Who is the first Canadian athlete to win medals in both the Summer and Winter Games?

- a. Hayley Wickenheiser
- b. Clara Hughes
- c. Mark Tewksbury
- d. Sylvie Bernier

13. True or False? This will be the second time that the Olympic Games will take place in Tokyo.

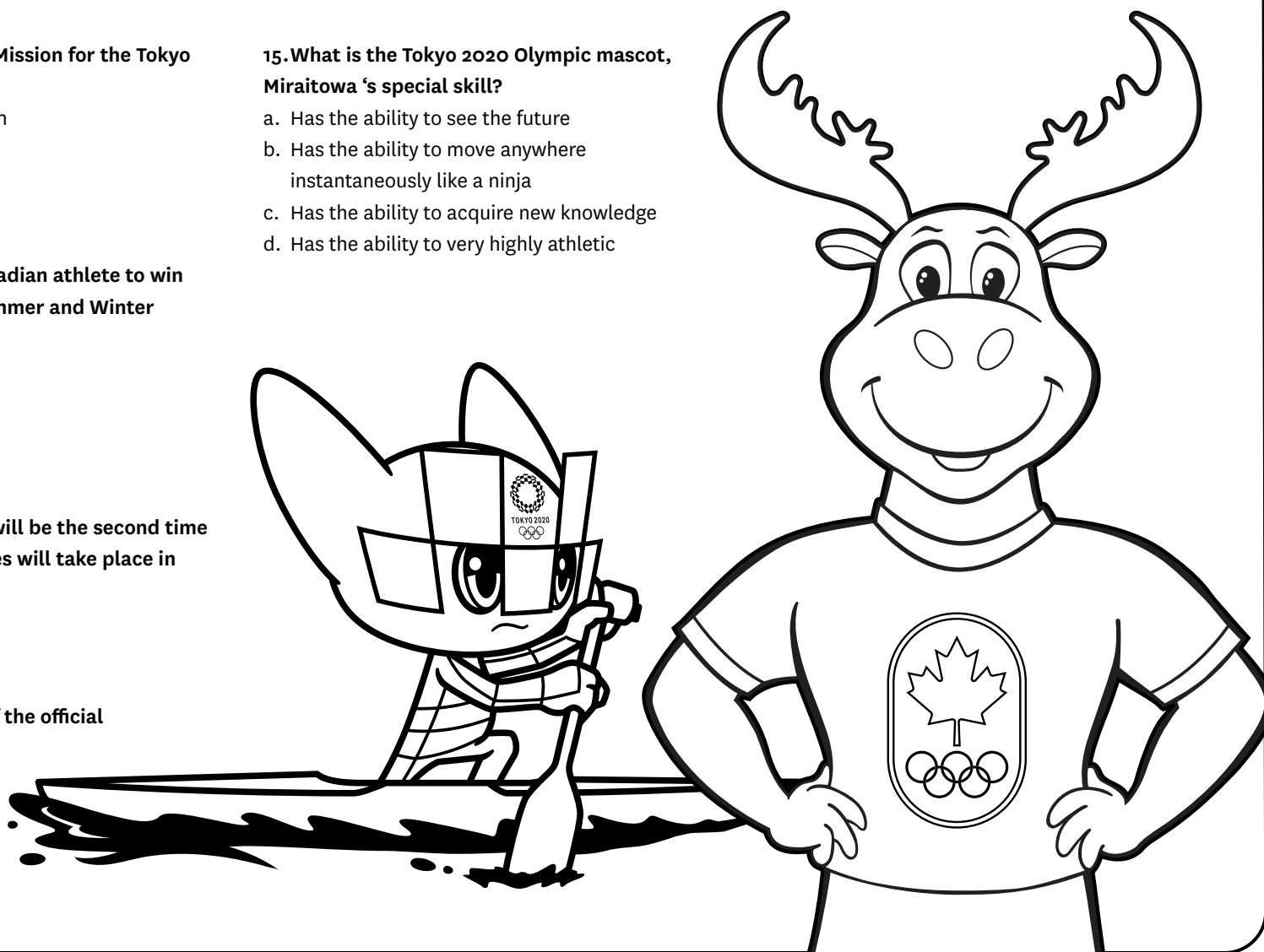
- a. True
- b. False

14. What is the name of the official Team Canada mascot?

- a. Mukmuk
- b. Miga
- c. Quatchi
- d. Komak

15. What is the Tokyo 2020 Olympic mascot, Miraitowa 's special skill?

- a. Has the ability to see the future
- b. Has the ability to move anywhere instantaneously like a ninja
- c. Has the ability to acquire new knowledge
- d. Has the ability to very highly athletic





# TRIVIA

## SUMMER OLYMPIC GAMES

### ARCHERY

1. True or False? Arrows are customized to each archer.
- True
  - False

### ARTISTIC GYMNASTICS

2. The word “gymnastics” is derived from the Greek “gymnos” which literally translates to what?
- Agile
  - Naked
  - Flexible
  - Power

### ARTISTIC SWIMMING

3. What was artistic swimming originally known as?
- Synchronized swimming
  - Water ballet
  - Water gymnastics
  - Synchro

### ATHLETICS

4. By what body part are athletes judged to have crossed the finish line?
- Torso
  - Head
  - Foot
  - Hand

### BADMINTON

5. Fill in the blank. In badminton, players use a racquet to hit a \_\_\_\_ over the net.
- Ball
  - Shuttlecock
  - Sparrow
  - Bird

### BASKETBALL

6. The game of basketball was invented by which Canadian physical education teacher?
- Steve Nash
  - Jack Donohue
  - Andrew Pipe
  - James Naismith

### BEACH VOLLEYBALL

7. How many players make up a beach volleyball team?
- 2
  - 4
  - 6
  - 8

### BOXING

8. What color mouthguards are prohibited in amateur boxing?
- Blue
  - Black
  - Yellow
  - Red

### CANOE/KAYAK

9. True or False? Paddlers are permitted to pass through a slalom gate while upside down.
- True
  - False



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# TRIVIA

## SUMMER OLYMPIC GAMES

### CYCLING – BMX

10. What does BMX stand for?

- a. Bicycle Mixer Cross
- b. Bicycle Movement Cross
- c. Bicycle Moto Extreme
- d. Bicycle Moto Cross

### CYCLING – MOUNTAIN BIKE

11. True or False? Mountain bikers are not permitted to eat during a race.

- a. True
- b. False

### CYCLING – ROAD

12. How many hours was the longest recorded Olympic race?

- a. 5 hours
- b. 7 hours
- c. 10 hours
- d. 8 hours

### CYCLING – TRACK

13. How many gears do track bikes have?

- a. 1
- b. 2
- c. 3
- d. 4

### DIVING

14. True or False? The final score for a dive includes all of the judges' individual marks.

- a. True
- b. False

### EQUESTRIAN

15. True or False? Horses can be disqualified for doping infractions.

- a. True
- b. False

### FENCING

16. Which phrase does a referee use to indicate a bouts beginning?

- a. En Garde!
- b. Start!
- c. Fight!
- d. Go!

### FIELD HOCKEY

17. True or False? Both sides of the stick head can be used to play the ball.

- a. True
- b. False

### GOLF

18. Golf returned to the Olympic program during which Summer Olympic Games?

- a. Rio 2016
- b. London 2012
- c. Beijing 2008
- d. Athens 2004

### HANDBALL

19. How long is a player permitted to hold the ball before passing or shooting?

- a. 2 seconds
- b. 3 seconds
- c. 4 seconds
- d. 5 seconds

### JUDO

20. What are people who practice judo known as?

- a. Judokas
- b. Bujutsu
- c. Dojo
- d. Jujutsu



# TRIVIA

## SUMMER OLYMPIC GAMES

### KARATE

21. The word “Karate” is a combination of two Chinese characters: Kara and te, which translate to what?

- a. Love + hand
- b. Empty + hand
- c. Inspire + hand
- d. Chinese + hand

### RHYTHMIC GYMNASTICS

22. True or False? Rhythmic gymnastics routines can be performed to music with lyrics.

- a. True
- b. False

### ROWING

23. What is the more commonly used term for a rowing boat?

- a. Shell
- b. Craft
- c. Skiff
- d. Dory

### RUGBY

24. True or False? In Rugby, all passes must go across the field or backwards.

- a. True
- b. False

### SAILING

25. What is the main body of a sailboat called?

- a. Gunwales
- b. Hull
- c. Transom
- d. Cleat

### SHOOTING

26. True or False? In the rifle and pistol events, athletes shoot at stationary targets at a range. In shotgun events, they take aim at moving targets.

- a. True
- b. False

### SKATEBOARDING

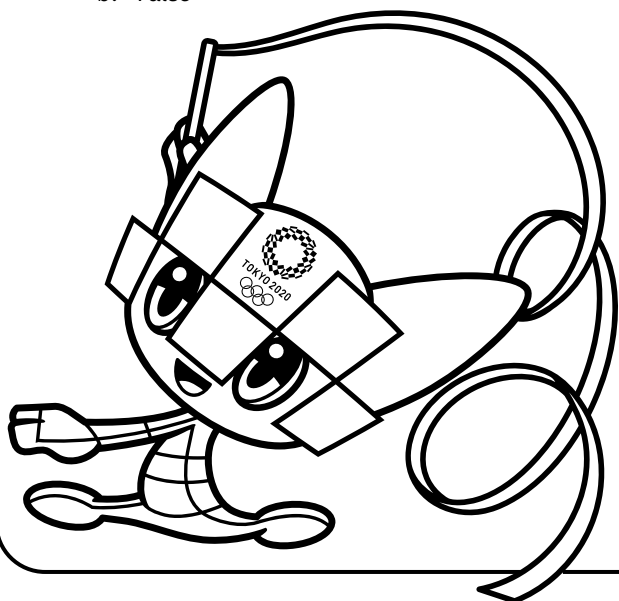
27. Which of the following events are included in the Olympic program?

- a. Freestyle and Park disciplines
- b. Downhill and Street disciplines
- c. Freestyle and Downhill disciplines
- d. Park and Street disciplines

### SURFING

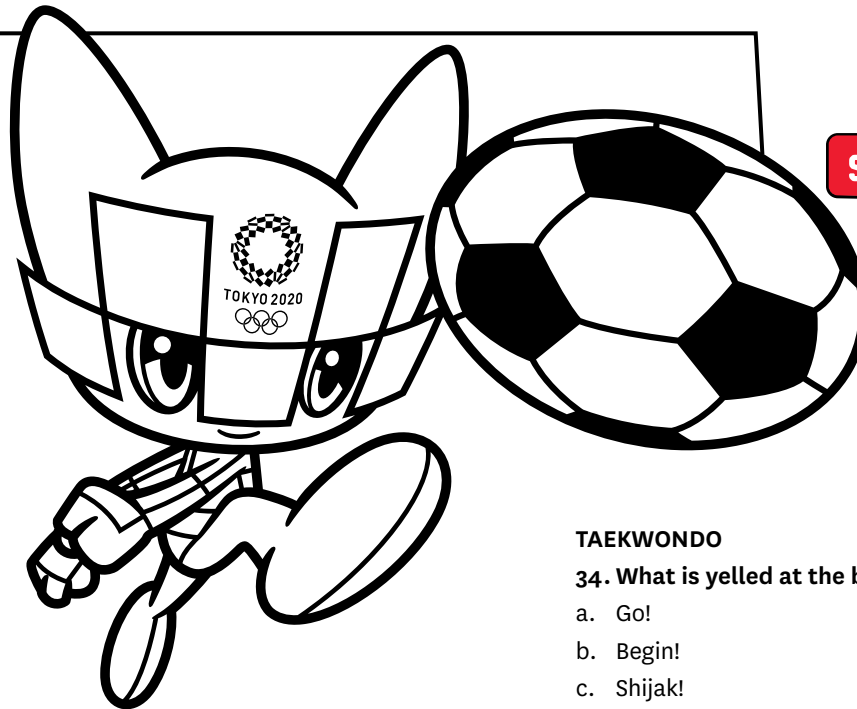
28. What do you call a surfer that rides with his right foot forward?

- a. Goofy
- b. Regular
- c. Righty
- d. Natural



# TRIVIA

## SUMMER OLYMPIC GAMES



SCHOOL PROGRAM

### SWIMMING

29. True or False? All Olympic swimming events used to be contested in open waters.

- a. True
- b. False

### SPORT CLIMBING

30. Which of the following is not a discipline in sport climbing?

- a. Speed climbing
- b. Bouldering
- c. Lead climbing
- d. Traditional climbing

### SOFTBALL

31. During which Olympic Games did softball make its return to the Olympic Program?

- a. London 2012
- b. Athens 2004
- c. Tokyo 2020
- d. Beijing 2008

### SOCCER

32. A soccer game features two teams, what is the total number of players on the field?

- a. 11
- b. 22
- c. 24
- d. 18

### TABLE TENNIS

33. True or False? Table Tennis debuted in the Paralympic Games before the Olympic Games.

- a. True
- b. False

### TAEKWONDO

34. What is yelled at the beginning of a bout?

- a. Go!
- b. Begin!
- c. Shijak!
- d. Fight!

### TENNIS

35. A term used in tennis instead of the word zero?

- a. Deuce
- b. Love
- c. Ace
- d. Advantage

### TRAMPOLINE GYMNASTICS

36. The number of elements performed by gymnasts?

- a. 12
- b. 20
- c. 8
- d. 10



# TRIVIA

## SUMMER OLYMPIC GAMES

### TRIATHLON

37. True or False? The first triathlon gold medal was awarded to Canada's Simon Whitfield.

- a. True
- b. False

### VOLLEYBALL

38. Which is larger?

- a. Indoor volleyball court
- b. Beach volleyball court

### WATER POLO

39. What is the colour of the water polo ball used in official games?

- a. Yellow
- b. Blue
- c. Red
- d. Green

### WEIGHTLIFTING

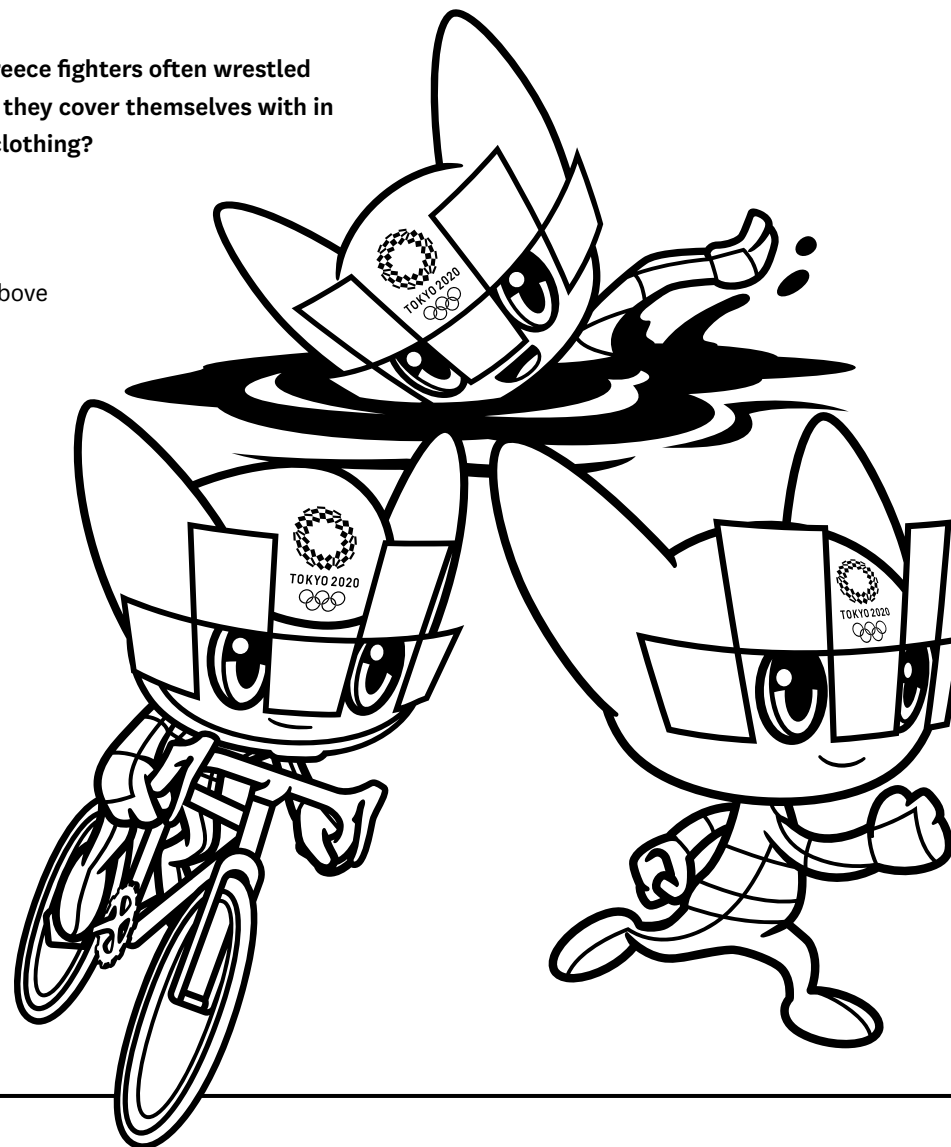
40. How many attempts does an athlete get to complete the lift?

- a. 1
- b. 2
- c. 3
- d. 4

### WRESTLING

41. In Ancient Greece fighters often wrestled naked. What did they cover themselves with in replacement of clothing?

- a. Mud
- b. Dirt
- c. Olive oil
- d. None of the above





# SCHOOL PROGRAM

# ANSWERS

### TEAM CANADA

. . . . . C  
 . . . . . A  
 . . F . . M O N T R E A L F . . N .  
 . . U . . . . . A . . A .  
 . . N . . . . F R E N C H N . | D .  
 . V A N C O U V E R . . . S . . A .  
 R . . . . . W . . . . .  
 E . . C A L G A R Y . . . . H . . .  
 D . . E N G L I S H . . . . I . . .  
 L E A F . . . . C H E E R . T . . .  
 . . . . . M O O S E . . . . E . . .  
 . . K O M A K . . . . M A P L E .

### SUMMER OLYMPIC SPORTS

. J G S . . B . A . . D . . . . .  
 . U . Y A B . A A T F R I . . . . .  
 . D . S M I A . S R H E U V . . . . .  
 H O . S W N L D . K C L N G I . . . B  
 A S . O C I A I M B E H E C B N . A  
 N U . F Y . M S N I O T E T I Y G S  
 D R C T C . . M T G N X B R I N . E  
 B F A B L . . . I I . T I A Y C G B  
 A I N A I . . . . N C . O N L . S A  
 L N O L N . . . . G S . N G L . L  
 L G E L G . . S K A T E B O A R D L  
 R O W I N G . . . . K A R A T E .

### TOKYO 2020 TEAM CANADA ROSTER

. . . B L A C K . S I N C L A I R . . . . .  
 . K . . H . O P A R K . . . . . N A V A P  
 . I V . . U . L D H . D O U G L A S . . . . .  
 . R . A . . M . E E A . D . G W . . C R E W . .  
 T C . . L . . A . K G R . U . A A . . . . L  
 H H . . . O . . N . S R V . N . U R . . . . L  
 O M . . . . I . . A . I A E . F . C N . . . O L  
 R A . . N . . S . . P . A S Y . E . H E . C I  
 M N . S A . L . F . A . K S . . E . E R C .  
 E N . A N . A . E O . . . R . . E . . . R M .  
 Y N . N N . P . B . R . . E . . N . A . . .  
 E I . E E . P . E . . T . . D . U . B . . .  
 R U . U L . A . I . . . I . . E . R . . . E .  
 . O . D C . G . W . . . . E . . S S . . . . L  
 . R . . A . E . . . . . R . . E . . . . .  
 . D . . M . . . . . M I S L A W C H U K . . .

### OLYMPIC VALUES

. E X C E L L E N C E R  
 . C O U R A G E . . . E  
 . . . F A I R N E S S S  
 T E A M W O R K . . . P  
 R E S I L I E N C E . E  
 . L E A D E R S H I P C  
 F R I E N D S H I P . T  
 K I N D N E S S F U N .

### TOKYO 2020 OLYMPIC GAMES

U N I T E D B Y E M O T I O N . . .  
 . . . . . M I R A I T O W A T .  
 . H E R T I A G E Z O N E . . . O .  
 . . . . . . . . . . . . . K S  
 J . . T O K Y O C I T Y . . . . Y O  
 A . . . . T O R C H R E L A Y O M  
 P O L Y M P I C V I L L A G E . B E  
 A . R E C Y C L E D M E D A L S A I  
 N . E T E R N I T Y . . . . . Y T  
 . . . . . F U T U R E . . . . Y  
 . . . O L Y M P I C S T A D I U M . . .  
 . . . C H E R R Y B L O S S O M . . .

### CANADIAN OLYMPIC HALL OF FAME

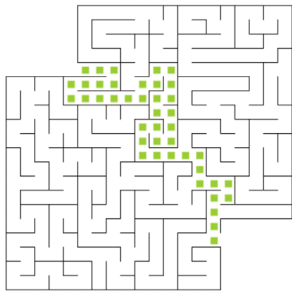
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 Y . . . . D R A R I G . B O U C H E R . I .  
 D B R U N E T N R E H C A E C A M . . S . L P  
 E S D R A W D E . . M C B E A N . N . N N A O  
 N . . . Y R U B S K W E T . B . P I . A A G O  
 K M . . . T E L F W E H S . E . E R . M K I L  
 . L O . . . E I T A P S E D R . L U L Y A L E  
 . . A N . B A I L E Y . . . N N L S E E M E .  
 . A . S T J E R O M E . . . I A E . M H U I .  
 . . U . S M . N N A M U A L E I T . A . R F .  
 . . . C . E I . T T O C S E R S I S Y . A T .  
 E . . . H . N N . . . . . W . M E M D . . I .  
 K T R E B M A L Y M O R R I S I R I O . . H .  
 R . . L A C R O I X . . . S . T . T A . . W .  
 U E N E E R G . . S A L E . . H . H N . . . .  
 B T A O B G N O L . . . . H O L L O W A Y . .

# ANSWERS

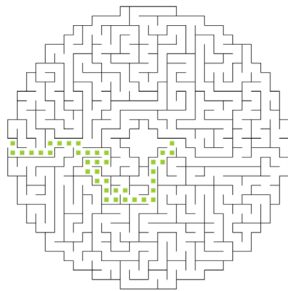


**SCHOOL PROGRAM**

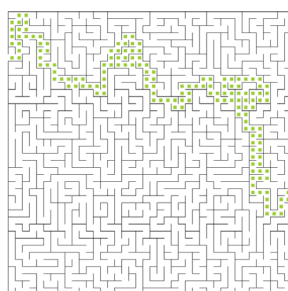
**PUZZLE 1**



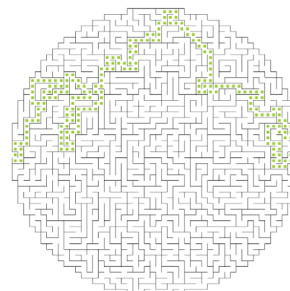
**PUZZLE 2**



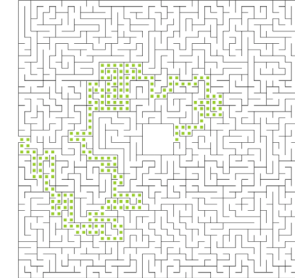
**PUZZLE 3**



**PUZZLE 4**



**PUZZLE 5**



**CRYPTOGRAM PUZZLE**

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
2	21	25	19	11	5	1	26	22	10	15	17	20	7	14	3	12	23	9	6	13	8	16	24	4	18

B E O L Y M P I C  
 21 11 14 17 4 20 3 22 25

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
25	7	4	15	16	3	24	19	5	17	18	13	12	11	26	22	5	3	20	14	23	10	21	9	8	1

I N S I D E A L L O F U S L I V E S T H E  
 6 11 20 6 15 16 25 13 13 26 3 23 20 13 6 10 16 20 14 19 16  
 P O T E N T I A L F O R G L O R Y  
 22 26 14 16 11 14 6 25 13 3 26 2 24 13 26 2 8

# ANSWERS



## SCHOOL PROGRAM

### TRIVIA

#### TEAM CANADA AND THE OLYMPIC GAMES

1. What year did the Olympic Games originate?  
Answer: 776BC
2. Who is the founder of the modern Olympic Games?  
Answer: Baron Pierre de Coubertin
3. What city hosted the Games of the 1 Olympiad in 1896?  
Answer: Athens, Greece
4. Where did the Olympic Games originate?  
Answer: Olympia Greece
5. What year was the first Olympic Winter Games held?  
Answer: 1924
6. What city hosted the first Olympic Winter Games?  
Answer: Chamonix, France
7. What country leads the Parade of Nations at the Opening Ceremony at the Olympic Games?  
Answer: Greece
8. What city plays host to the International Olympic Committee?  
Answer: Lausanne, Switzerland
9. What is the Olympic Motto?  
Answer: Citius, Altius, Fortius (faster, higher, stronger)
10. How many times has Canada hosted the Olympic Games?  
Answer: 3
11. Who is the Chef de Mission for the Tokyo 2020 Olympic Games?  
Answer: Marnie McBean
12. Who is the first Canadian athlete to win medals in both the Summer and Winter Games?  
Answer: Clara Hughes
13. True or False? This will be the second time that the Olympic Games will take place in Tokyo.  
Answer: True
14. What is the name of the official Team Canada mascot?  
Answer: Komak
15. What is the Tokyo 2020 Olympic mascot, Miraitowa's special skill?  
Answer: Has the ability to move anywhere instantaneously like a ninja

### TRIVIA

#### SUMMER OLYMPIC GAMES

- #### ARCHERY
1. True or False? Arrows are customized to each archer.  
Answer: True (Not all arrows are identical, but are usually made of carbon or carbon aluminum. Modern bows are made of state-of-the-art materials such as aircraft aluminum and/or carbon composites.)
- #### ARTISTIC GYMNASTICS
1. The word "gymnastics" is derived from the Greek "gymnos" which literally translates to what?  
Answer: Naked (The roots of gymnastics date back to ancient Greece where men gathered at "gymnasiums" to practice the sport and discuss art, literature and philosophy.)
- #### ARTISTIC SWIMMING
2. What was artistic swimming originally known as?  
Answer: Originally known as "water ballet" artistic swimming was demonstrated at several world exhibitions and fairs in the late 19th and early 20th centuries.
- #### ATHLETICS
3. By what body part are athletes judged to have crossed the finish line?  
Answer: Torso (This is why you see athletes leaning towards the finish line in close races.)
- #### BADMINTON
4. Fill in the blank. In badminton, players use a racquet to hit a \_\_\_\_\_ over the net.  
Answer: shuttlecock (also known as a "shuttle" or a "birdie")
- #### BASKETBALL
5. The game of basketball was invented by which Canadian physical education teacher?  
Answer: Canadian physical education teacher, James Naismith, was running out of ideas to keep his gym class busy during the winter. In a stroke of brilliance, he hung peach baskets to the ceiling and invented a game where the students scored a point for their team if they shot a soccer ball into the basket. Basketball was born.
- #### BEACH VOLLEYBALL
6. How many players make up a beach volleyball team?  
Answer: 2
- #### BOXING
7. What color mouthguards are prohibited in amateur boxing?  
Answer: Red (Red is prohibited because it makes it more difficult for referees to determine if the athlete is bleeding)

### CANOE/KAYAK

8. True or False? Paddlers are permitted to pass through a slalom gate while upside down.  
Answer: False (Paddlers are penalized 50 seconds for missing a gate or passing through a gate while upside down)

### CYCLING – BMX

9. What does BMX stand for?  
Answer: Bicycle Moto Cross (The name and sport originated in California in the late 1960s at the same time that motocross was becoming popular. Children and teenagers unable to participate in motocross sated their appetite by racing bikes on self-built tracks.)

### CYCLING – MOUNTAIN BIKE

10. True or False? Mountain bikers are not permitted to eat during a race.  
Answer: False (There are two designated feed zones where team support staff can pass food and drink to competitors)

### CYCLING – ROAD

11. How many hours was the longest recorded Olympic race?  
Answer: 10 hours (With a distance of 320km, the time trial at Stockholm 1912 was the longest ever, beginning at 2am and won by South Africa's Rudolph Lewis in 10:42:39)

### CYCLING – TRACK

12. How many gears do track bikes have?  
Answer: 1 (With no brakes and one fixed gear, riders cannot stop pedaling to maintain momentum and stop by putting backward pressure on the pedals)

### DIVING

13. True or False? The final score for a dive includes all of the judges' individual marks.  
Answer: False (In individual events, the two highest and two lowest scores are dropped. In synchronized events, the highest and lowest execution score for each diver as well as the highest and lowest synchronization scores are dropped.)

### EQUESTRIAN

14. True or False? Horses can be disqualified for doping infractions.  
Answer: True (At Beijing 2008, four jumping horses were disqualified just hours before the individual final after testing positive).

### FENCING

15. Which phrase does a referee use to indicate a bouts beginning?  
Answer: En Garde!



## SCHOOL PROGRAM

# ANSWERS

### FIELD HOCKEY

16. True or False? Both sides of the stick head can be used to play the ball.  
Answer: False (The head is flat on one side and rounded on the other, but only the flat side can be used to play the ball.)

### GOLF

17. Golf returned to the Olympic program during which Summer Olympic Games?  
Answer: Golf finally returned to the Olympic program at Rio 2016

### HANDBALL

18. How long is a player permitted to hold the ball before passing or shooting?  
Answer: 3 seconds (Players may also only take three steps each time they're in possession of the ball without dribbling.)

### JUDO

19. What are people who practice judo known as?  
Answer: People who practice judo are called 'judokas.'

### KARATE

20. The word "Karate" is a combination of two Chinese characters: Kara and te, which translate to what?  
Answer: Empty + hand

### RHYTHMIC GYMNASTICS

21. True or False? Rhythmic gymnastics routines can be performed to music with lyrics.  
Answer: True (Although routines were traditionally performed to instrumental music, lyrics have been permitted since the 2012-13 season)

### ROWING

22. What is the more commonly used term for a rowing boat?  
Answer: Shell (Traditionally made of wood, modern rowing shells are mostly manufactured from synthetic materials such as carbon fibre and plastic)

### RUGBY

23. True or False? In Rugby, all passes must go across the field or backwards.  
Answer: True. Players may not pass the ball forward, only to the side or backward

### SAILING

24. What is the main body of a sailboat called?  
Answer: The body of a boat is called its hull.

### SHOOTING

25. True or False? In the rifle and pistol events, athletes shoot at stationary targets in a range. In shotgun events, they take aim at moving targets.  
Answer: True

### SKATEBOARDING

26. Which of the following events are included in the Olympic program?  
Answer: Park and Street disciplines (Tokyo 2020 will be the sport's Olympic debut and athletes will skate in the men's and women's competitions in Park and Street Disciplines).

### SURFING

27. What do you call a surfer that rides with his right foot forward?  
Answer: Goofy (A surfer that rides with his left foot in front is called regular foot).

### SWIMMING

28. True or False? All Olympic swimming events used to be contested in open waters.  
Answer: True (London 1908 was the first Games to feature a swimming pool, constructed in the infield of the Olympic Stadium, inside the running track)

### SPORT CLIMBING

29. Which of the following is not a discipline in sport climbing?  
Answer: Traditional climbing (Sport climbing will make its Olympic debut at Tokyo 2020. Three disciplines – speed climbing, bouldering, and lead climbing – will be included in a combined event).

### SOFTBALL

30. During which Olympic Games did softball make its return to the Olympic Program?  
Answer: Softball was included for women at four Olympic Games between 1996 and 2008. Softball and baseball were dropped from the Olympic Games in 2012 and 2016, but will make their return in 2020.

### SOCCER

31. A soccer game features two teams, what is the total number of players on the field?  
Answer: 22 (Soccer is a team sport played by a team of 11 players against another team of 11 players on a field. A total of 22 players on the field).

### TABLE TENNIS

32. True or False? Table Tennis debuted in the Paralympic Games before the Olympic Games.  
Answer: True (While table tennis did not become an Olympic sport until Seoul 1988, it was included in the first Paralympic Games in Rome in 1960)

### TAEKWONDO

33. What is yelled at the beginning of a bout?  
Answer: Shijak! (The term is Korean for 'begin' and is yelled out by the referee)

### TENNIS

34. A term used in tennis instead of the word zero?  
Answer: love

### TRAMPOLINE GYMNASTICS

35. The number of elements performed by gymnasts?  
Answer: 10

### TRIATHLON

36. True or False? The first triathlon gold medal was awarded to Canada's Simon Whitfield.  
Answer: True (Triathlon became an Olympic sport at the Sydney 2000 Olympic Games, and the first gold medal in the men's race was awarded to Canada's Simon Whitfield).

### VOLLEYBALL

37. Which is larger?  
Answer: Indoor volleyball court (A beach volleyball court is only 16m x 8m while an indoor court is 18m x 9m)

### WATER POLO

38. What is the colour of the water polo ball used in official games?  
Answer: Yellow (the colour yellow was adopted for better visibility by players)

### WEIGHTLIFTING

39. How many attempts does an athlete get to complete the lift?  
Answer: 3 (Final scores are a combination of the highest snatch attempt and highest clean and jerk attempt)

### WRESTLING

40. In Ancient Greece fighters often wrestled naked. What did they cover themselves with in replacement of clothing?  
Answer: Olive oil (A combination of olive oil and sand was used to prevent the athletes from getting cold)